



PRESENTS

TRANSFORM YOUR HEALTH AND ENERGY WITH DRINKIZZ

Achieve an energetic & healthy lifestyle, with the innovation from Drinkizz Organic Natural Energy

O

ORGANIC



10

VIETNAMESE ORGANIC PLANT-BASED INGREDIENTS



N

NATURAL



5 NOS

- NO ARTIFICIAL COLORS
- NO ARTIFICIAL FLAVORS
- NO ARTIFICIAL ADDITIVES
- NO ARTIFICIAL FOOD PRESERVATIVES
- NO GMO



REFRESHING HERBAL TASTE CREATED FROM FRENCH NATURAL PROCESS

E

ENERGY



BRAIN ENERGIZED BY THEINE FROM BLACK TEA



ENERGY METABOLISM IMPROVED BY ANTIOXIDANTS FROM HIBISCUS FLOWER



COLLAGEN



COLLAGEN CREATION BY SILICA FROM BAMBOO SHOOTS

THE FIRST IN THE WORLD

O.N.E DRINK

ORGANIC NATURAL ENERGY

O.N.E drink boosts immediate energy and helps to build sustainable energy to bring you strength and beauty.

DEDICATED TO YOUR WELLBEING ON-THE-GO

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Dear Friends,

Like you, all of us Drinkizz are passionate about creating positive values through our work, but we also want to spend time with family and friends. However, effective management of 24-hour time requires a lot of biological energy of the brain and body.

Looking back on our own journey of learning to manage mind-body-spirit energy, we came to understand that **if we don't manage our biological energy for one activity at the right time, then we won't perform well in the next activity.** The recharge of biological energy levels continuously between activities during the day is very important. A low level of biological energy causes an activity to fail, which creates a domino effect to the other activities, affecting our well-being.

With a busy and stressful life, we can recharge quickly through drinks to maintain sustainable energy for a sharp brain and a healthy body. Currently, beverages made from synthetic chemicals do not provide a sustainable energy solution. The more you drink, the more your health decreases, with symptoms such as headaches, obesity, weakened immune system, disease, and aging. Not to mention mother nature will be negatively affected, and our future generation as well.

That's why Drinkizz was born with the **Organic.Natural.Energy** concept. **O.N.E** is based on the connection between Vietnamese authentic agriculture values and French wellness lifestyle. We provide you a ready-to-drink solution to sustain your activity along the day by keeping safe your health and energy.

Through this handbook you will learn about organic living, how our drink is aligned with key scientific mechanisms to protect your health and boost your energy properly.

Perhaps you will find some chapters to be too scientific and technical, but we guarantee your health and energy will gain so much benefits. You gain knowledge, and hopefully you will share it with your loved ones, and your coworkers in the workplace. Indeed, everyone must be informed about the importance of choosing good beverages to protect ourselves and others.

WE WILL SHOW YOU HOW TO



Energy is rarely talked about in our daily conversations, but not at Drinkizz. Here, we want you to understand that energy transformation using a quality source, the right quantity, at the right time will help you achieve optimal productivity and your attractiveness in your personal life and at the workplace.

1. Understand the communication between health, energy and the Mitochondria.
2. Choose the right ingredients and understand the meaning of the organic labels.
3. Read nutritional facts and measure calorie intake to fit your goals
4. Understand the Organic Natural Energy lifestyle to change your life in 3 months with the Drinkizz O.N.E can
5. Engage in a like-minded community towards better health and energy for your wellbeing on-the-go.

2. INTRODUCTION TO YOUR BIOLOGICAL ENERGY

2.1 ATP ENERGY; WHAT IS IT ?

Biological energy refers to the **energy currency** that is produced and utilized by living beings to carry out various life processes. This energy is vital for maintaining basic life functions, growth and reproduction. The primary source of biological energy for most organisms is adenosine triphosphate (ATP).

Maintaining this ATP energy is vital for the survival and functioning of all living organisms, and it is the fundamental process that allows cells to perform their various functions, from simple tasks like transporting nutrients to complex processes like DNA replication and cell division. Without a continuous supply of biological energy, life as we know it would not be sustainable.



2. INTRODUCTION TO YOUR BIOLOGICAL ENERGY

WHY DO WE NEED BIOLOGICAL ENERGY ATP?

This biological energy, in the form of ATP, also called natural energy, is indispensable for almost every aspect of life.

In our everyday life, we use this energy as a source of fuel for us to breathe, move, grow muscles, digest, work, study, and play.

Essentially, energy is life!

Because of that, our organs need a sustainable source of energy so we can achieve what we want to do in the best possible way.

We're sure most of us know who Elon Musk is, but did you know what his mom looks like?

At 75, Maye Musk looks just incredible.

Her secret is simple, she is an advocate for healthy aging, and she takes care of her mitochondria!

See Maye Musk explaining her journey to healthy aging and mitochondria [here](https://shorturl.at/exKZ8)

Link: <https://shorturl.at/exKZ8>



2. INTRODUCTION TO YOUR BIOLOGICAL ENERGY

2.2 MITOCHONDRIA; WHAT MAKES IT YOUR ENERGY POWERHOUSE ?

MITOCHONDRIA – ENERGY FACTORY OF THE CELL AND THE HEART OF THE IMMUNE SYSTEM

The advertisement features a central image of a red and white can of Drink iZZ NƯỚC O-N-E. The can is surrounded by several circular icons representing ingredients: THEINE (with a brain icon), ANTIOXIDANT (with a person icon), COLLAGEN (with a red ribbon icon), and SILICA (with a red ribbon icon). The can itself has a QR code and the text 'ORGANIC NATURAL ENERGY'. To the right of the can is a large, stylized diagram of a mitochondrion, depicted as a pink, bean-shaped structure with internal folds. It is surrounded by three lightning bolt icons labeled 'ATP' and a large '24^h' indicating continuous energy production. The background is a light green landscape with rolling hills.

ORGANIC NATURAL ENERGY
Nourishes Mitochondria - the energy factories of cells
to bring you Durable strength and Fresh beauty!

Mitochondria seems like a brand new concept to a lot of people. In your body, there are multiple small but very important organelle called **Mitochondria – the cell's energy factory, aka the powerhouse!**

When the body receives nutrients from food, your cells can't use the nutrients right away, because the nutrients need to be in the form of ATP energy.

The nutrients from food need to pass through the mitochondria first because only the **Mitochondria can produce ATP energy**. From then, your body continues to use this ATP energy to function properly.

2. INTRODUCTION TO YOUR BIOLOGICAL ENERGY

KEEP YOUR MITOCHONDRIA HEALTHY BY FOLLOWING THESE 2 STEPS:

1

CONSUME ORGANIC, ANTIOXIDANT-RICH, AND NATURAL FOODS.

2

GET ENOUGH OXYGEN THROUGH PHYSICAL ACTIVITIES; EXERCISES, RELAXATION, SPORT, MEDITATION, ETC...

Remember to protect your mitochondria by feeding quality food to your mitochondria everyday!



2. INTRODUCTION TO YOUR BIOLOGICAL ENERGY

2.3 ENERGY METABOLISM; GENERATING ATP FROM FOOD

The process that the mitochondria produces ATP energy that we said above, is called energy metabolism.

Energy metabolism is a process that happens in our body every second of life. What we do, what we eat, and our activity, age,... All of these factors really do have a big effect on how our metabolism performs.

Metabolism is slower in some individuals, but faster in others. That is why it's important for you to learn about the natural occurrence that happens in your body to control your productivity.

What is a calorie / kj?

Calorie is a unit of energy defined as the amount of heat needed to raise a quantity of water by one degree of temperature.

The main source of energy we get from food and drinks is through carbohydrates, protein, fats, and alcohol.

CARBOHYDRATES

4 kcal/g or 16 kJ

PROTEIN

4 kcal/g or 16 kJ

Energy is measured in units of kilocalories (kcal) or kilojoules (kJ).

FATS

9 kcal/g or 37 kJ

One kilocalorie (1 kcal) is equal to 4.18 kilojoules (4.18 kJ).

ALCOHOL

7 kcal/g or 29 kJ

For the purpose of understanding the quality of calories, we can differentiate by separating into **empty calories**, and **nutrient dense**. Empty calories are high-calorie foods that contain little to no nutrients. These types of food might provide you with more energy, but you will crash faster.

On the other hand, nutrient dense food; fruits, vegetables, lean meats, etc... provide lower calories, but give you so much more nutrients that the body needs. These types of food provide you with longer-lasting, healthier energy.¹

Our O.N.E drink is one of them.

2. INTRODUCTION TO YOUR BIOLOGICAL ENERGY

Basal Metabolic Rate

If instead you'd like to calculate your calories need more accurately, according to your weight, height, age and sex, you can use the following online calculator:

<https://www.calculator.net/bmr-calculator.html>

This calculator helps you calculate your Basal Metabolic rate and from it, your daily calorie needs.

BMR is short for Basal Metabolic Rate Your Basal Metabolic Rate is the number of calories required to keep your body functioning at rest, also known as your metabolism.

Total Daily Energy Expenditure (TDEE)

It is the number of calories (energy) the body burns in a day, including all physical activities, eating, breathing, sleeping and exercising.

TDEE is hard to measure accurately and varies day by day. More often, it is estimated using factors such as a person's basal metabolic rate (BMR), activity level, and the thermic effect of food.

You can use the following online calculator:

<https://www.calculator.net/tdee-calculator.html>

Only healthy mitochondria will improve energy metabolism, and prevent low energy, weakened immune system, disease and aging. That's why we provide the **Organic.Natural.Energy** Lifestyle to sustain your health and energy.





3. ORGANIC.NATURAL.ENERGY

3.1 O.N.E; THE MEANING OF ORGANIC, NATURAL, ENERGY

We want to create an effective solution to ensure that your body and mind have enough energy to serve your productivity. Depending on the activities, your body and mind need a different amount of energy.

That's why we created O.N.E quality standard, to give you a deeper insight into:

O **Organic** Ingredients: We use certified **organic ingredients** only, controlled with the **best international labels such as EU, USDA.**

N **Natural** Manufacturing: We apply a **natural manufacturing process** to preserve **all the flavor** of our drink and **guarantee the natural nutrients with high quality** for best impact on health.

E **Energy:** We create a new concept of sustainable energy, safer for your health, and enhances your strength and beauty. We provide a magical mix of energy **input with Theine** to keep the brain awake, **Antioxidant Activity** to improve energy metabolism, **Silica** for collagen production and many other important minerals.

O.N.E drink boosts immediate energy and helps to build sustainable energy to bring you strength and beauty.



3. ORGANIC.NATURAL.ENERGY

3.2 DRINKIZZ O.N.E AND ITS UNIQUE STANDARD

Our standards at Drinkizz are very strict, as we want to deliver the best possible source of energy in a can, to you. Let's dive deeper into our standards of Organic, Natural, and Energy.

Why Do We Choose Organic Ingredients ?

Here are some reasons why we choose organic ingredients for the potential benefits to your health and well-being:

- 1. Reduced Chemical Exposure:** Organic means no synthetic pesticides, herbicides, artificial fertilizers and genetically modified organisms (GMOs). These are toxins that can negatively impact the function of your body, the more you consume, the more damaging it becomes for the body.
- 2. Reduce cancer :** It indicates that the biggest consumers of organically grown food have a 25% reduced risk of cancer, compared to those who do not or rarely consume them.²
- 3. Nutrient Content:** Organically grown crops may have less nitrate and more of certain vitamins, minerals, and antioxidants.
- 4. Taste and Quality:** Some people find that organic foods have a better taste and higher quality compared to conventionally grown produce. This can elevate eating as an enjoyable experience.
- 5. Reduced Antibiotic Use:** In organic animal agriculture, the use of antibiotics as growth promoters is restricted. This can be important for those concerned about antibiotic resistance and the presence of antibiotics in food products.

²Emmanuelle Kesse-Guyot. , researcher (National Institute of Agronomic Research, INRA) in the nutritional epidemiology research team (Inserm, INRA, University of Paris-XIII) and co-author of this work.

[https://www.europarl.europa.eu/RegData/etudes/STUD/2016/581922/EPRS_STU\(2016\)581922_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/STUD/2016/581922/EPRS_STU(2016)581922_EN.pdf)



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**VIETNAMESE ORGANIC
PLANT-BASED INGREDIENTS**





3. ORGANIC.NATURAL.ENERGY

Why Do We Choose Natural Manufacturing?

The more we eat heavily processed food, the higher the chances of developing unwanted diseases.

While regulatory authorities have approved many artificial substances as safe for consumption, some individuals and advocacy groups have raised the following points regarding the potential negative impacts on the body and mind.

That's why, we choose 5 NO as follows to keep the taste fresh and the natural nutrients for our brains and bodily functions.



NOP Organic Regulation For USA



VN-BIO-154 NON-EU AGRICULTURE

EOS Organic Regulation For Europe



Fair For Life Fair Trade Certification



Inspection & Certification Body



Food Safety System Certification 22000



Good Manufacturing Practice Certification



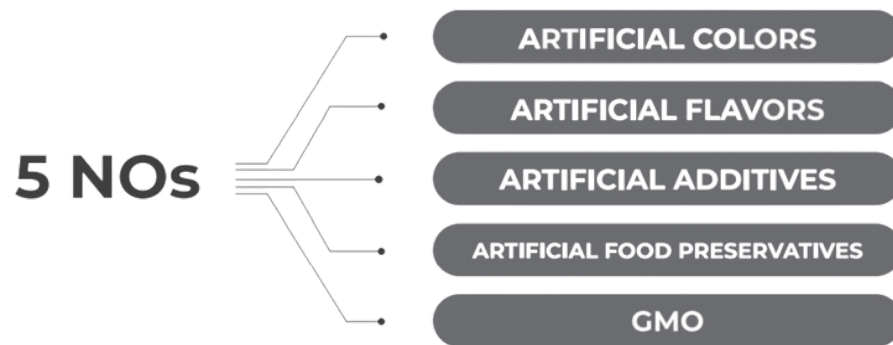
Food and Drug Administration Certification



Hazard Analysis and Critical Control Point Certification



3. ORGANIC.NATURAL.ENERGY



1. NO Artificial Color

Artificial colors are used to make food more visually appealing, to maintain, or achieve a desired appearance.

The use of artificial colors in food processing has been linked to negative health effects, particularly in relation to children's behavior: **Hyperactivity and Behavioral Effects, Allergic Reactions, Risk of Health Conditions, Dietary Elimination, Ethical and Environmental Considerations.**

2. NO Artificial Flavor

Artificial flavors are synthetic substances used to enhance or mimic the taste and aroma of natural flavors. These substances are created in a laboratory to replicate the flavor profile of natural ingredients.

It has been a subject of concern by these problems: **Impact on Taste Preferences, Potential for Overeating, Sensitivities and Allergies, Loss of Connection to Natural Flavors, Psychological Impact.**

3. NO Artificial Additives

Artificial additives³ are substances that are intentionally added to food and beverages to enhance the flavor, texture, appearance, and prolong shelf life of food products. Artificial additives can be synthetic or derived from natural sources.



3. ORGANIC.NATURAL.ENERGY

The use of artificial additives in food processing has raised concerns linked to: **Allergic Reactions, Hyperactivity and Behavioral Effects, Impact on Mental Well-Being, Potential Health Risks.**

4. NO Artificial Food Preservatives

Artificial food preservatives are substances added to food and beverages during the manufacturing and processing process to prevent spoilage, inhibit the growth of microorganisms (such as bacteria, yeast, and molds), and extend the shelf life of these products.

Preservatives have also been a subject of scrutiny and concern due to potential health effects: **Allergies and Sensitivities, Long-Term Health Effects, Impact on Mental Well-Being.**

5. NO GMO

GMO, or Genetically Modified Organism⁴, refers to any living organism whose genetic material (DNA) has been altered through genetic engineering techniques. GMOs are commonly associated with genetically modified crops and livestock. These genetic modifications are made to enhance certain traits or characteristics of the organisms, such as improved resistance to pests, diseases, or environmental conditions, as well as increased crop yield or nutritional content.

The potential impact of GMOs on human health and well-being by these problems: **Allergenicity, Health Risks, Environmental Concerns, Resistance Development, Seed Patents and Control, Crossbreeding and Contamination.**



⁴<https://www.organicseurope.bio/what-we-do/gmos/>



3. ORGANIC.NATURAL.ENERGY

Why Do We Want Sustainable Energy?

Health refers to the overall condition of a person's physical, mental, and social well-being. It encompasses various factors, including physical fitness, mental wellness, emotional stability, social interactions, and the absence of illness or disease. Good health implies a state of balance and functioning across all these domains, allowing an individual to lead a fulfilling life.

Energy refers to the capacity or ability to perform physical or mental activities. It can be categorized into physical energy (the ability to perform physical tasks) and mental energy (the ability to focus, concentrate, and engage in cognitive tasks). Energy levels can fluctuate throughout the day and are influenced by factors such as nutrition, sleep quality, physical fitness, stress levels, and overall health.

While good health contributes to sustained energy levels, having high energy doesn't always equate to good health.

For instance, someone might feel energetic due to stimulants or temporary factors (like high HFCS sugar intake or artificial caffeine), but **the energy received from it will crash, the effect is only temporary, and there are no long lasting benefits to your health.**





3. ORGANIC.NATURAL.ENERGY

That's why we want to provide you with an energy source with 3 main nutrients; **Theine, Antioxidant Activity, and Silica** to nourish immediate energy, but improve the energy metabolism to build sustainable energy. Although **glucose** is the most common source of energy available to cells, it is essential only in a few organs: the brain, the kidney (medulla) and the red blood cells.

Theine_To provide durable energy for your brain, we choose organic black tea which contains theine, l-theanine and antioxidants:



**BRAIN ENERGIZED
BY THEINE
FROM BLACK TEA**

- Theine in tea is a result of oxidized polyphenols, which gives it a stimulant effect.
- Theine can last much longer in the system – about 6 to 8 hours for increased brain function and memory.
- Theine is known for its sharpening but not over-stimulating effects to your body. It prevents the usual anxious and jittery effects from caffeine.

Antioxidant Activity _ To improve your energy metabolism, we choose organic hibiscus, which contains a high amount of anthocyanins:



**ENERGY
METABOLISM
IMPROVED
BY ANTIOXIDANTS
FROM HIBISCUS
FLOWER**

- Anthocyanins have antioxidant effects to sustain the structural integrity and functional activity of mitochondria – the energy factory, which is essential to good metabolism.
- Antioxidants also protect the body to fight against free radicals, prevent cancer and many other diseases.
- Hibiscus is used as a natural medicine to improve liver functioning, provides antibacterial properties, aids weight loss, lower blood pressure, aids digestion, helps with relaxation, and is an antidepressant.



3. ORGANIC.NATURAL.ENERGY

Silica_We choose organic bamboo shoots to strengthen your bones and brighten your skin, because they are rich in silica:



- Silica is a special trace element to activate the enzyme prolyl hydroxylase, which is a necessary enzyme to participate in the production of collagen. This process takes 5 to 10 minutes to complete, and produces effective collagen whether you eat animal or plant-based protein.
- Collagen has been proven to help increase energy, because it's an important protein, essential for the functioning of the skin, blood vessels, cartilage, muscles, tendons, bones, the digestive system.
- Silica is also a humectant that helps the body's ability to retain water from bones and tissues such as skin and cartilage. Water helps transport nutrients to cells, remove toxins through the blood, and so provides energy for your muscles and body.

Sugar_We choose organic sugar cane to ensure the brain works well. The total of sugar in Drinkizz O.N.E compose the sucrose, glucose and fructose, thanks to our organic ingredients list.



- The brain has a lot of cognitive functions, it helps us learn, communicate, and memorize. The adult brain requires about 140 g glucose/day and the red cells about 40 g/day.
- Since it cannot be stored, you will need to supply the brain a good source of glucose continuously.
- In the absence of dietary carbohydrate, the body is able to synthesize glucose from lactic acid, certain amino acids and glycerol via gluconeogenesis.

4. ORGANIC

4.1 ORGANIC FOOD LABELS; HOW TO UNDERSTAND?



Drinkizz O.N.E is the first Organic beverage that was certified under organic international label USDA Organic and Eu Organic in Vietnam in 2020. Obtaining organic certification involves a rigorous process to ensure that products meet specific standards set by regulatory bodies. The process typically includes several steps:

- **Meet Eligibility Criteria:** We choose the soil of growing must be **3 years** without using synthesis chemicals or following organic farming or production practices for a designated period before certification. We must do the test of soil, water and even the seed must be non-GMO for ensuring the registration to the certification body.
- **Adopt Organic Practices:** We must teach our farmers and manufacturers about the organic practices using approved methods for farming, handling, and processing and transporting agricultural products. These practices emphasize the use of natural fertilizers, avoiding synthetic pesticides, herbicides, and no GMOs. At each step, we must control the quantity and quality of the products to ensure the quality of organic ingredients and the manufacturing process for our Drinkizz O.N.E
- **Application and Documentation:** We must submit an application to an accredited certifying agency or body Ecocert⁵, providing comprehensive documentation detailing farming practices, production methods, and a complete record of inputs used in the farming or manufacturing process. **These documentations serve as evidence that the applicant meets organic standards.**

⁵<https://www.ecocert.com/en/certification-detail/organic-farming-europe-eu-n-848-2018> r

4. ORGANIC

- **On-Site Inspection:** After the application review, **a trained inspector from the Ecocert certifying agency conducts an on-site inspection of the farm, processing facility, or operation seeking certification.** The inspector assesses compliance with organic standards, verifies the provided documentation, and ensures that all practices align with organic regulations.
- **Compliance Review:** Following the on-site inspection, the certifying agency **evaluates the inspection report and supporting documentation to determine compliance with organic standards.** Any areas of non-compliance are identified and must be addressed by the applicant.
- **Certification Decision:** Based on the inspection findings and compliance review, **the certifying Ecocert makes a decision regarding organic certification.** If the applicant meets all requirements and complies with organic standards, they are granted organic certification.^{6,7}
- **Annual Renewal and Monitoring:** Organic certification is not a one-time process; **it requires annual renewal. Certified entities must continue to adhere to organic practices and undergo regular inspections and reviews to maintain their certification status.** We create the internal control system to follow daily our operations, and update the certification body before the inspection time.
- **Data management:** As a startup data oriented company, the whole traceability of Drinkizz organic value chain is well digitized. From the seeding to the nutrition in each can, **It's important to follow and control each LOT with our partners** and also help customers understand about the product they are consuming for their better health

⁶ <https://www.usda.gov/topics/organic>

⁷ https://agriculture.ec.europa.eu/farming/organic-farming_en

5. NUTRITION FACTS & RADAR MAP

There are many signs to tell when one lacks energy, here are some of the “symptoms”; feeling anxious, sluggish, tired, cranky, out of breath, you notice your reflexes or responses getting slower, you don't think as fast, and maybe the things you usually enjoy doing don't excite you.

To achieve maximum productivity, it's important to prepare beforehand to prevent these situations from happening.

It's important to really understand how a good source of energy impacts your health, and really differentiate between the best type of energy for you. Take a chemical sugary energy drink for example, you intake it, it gives you instant energy from high fructose corn syrup or artificial caffeine, but chances are you will get a crash not long after. At Drinkizz, we provide you a longer lasting solution for both your health and your energy with our nutrition facts.⁸



NUTRITION FACTS			
Serving Size	100mL	250mL	% Daily value
Amount Per Serving			
Calories	35kcal	90kcal	5%
Total Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	0mg	0mg	0%
Total Carbohydrate	9g	22g	8%
Total Sugars	8g	20g	
includes Added Sugars	7g	17g	34%
Protein	0g	0g	0%
Calcium	0mg	0mg	0%
Iron	0mg	0mg	0%
Potassium	40mg	100mg	2%
Magnesium	3.4mg	10mg	2%
Manganese	0.32mg	0.8mg	35%
Theine	14mg	35mg	↑ 9%
Antioxidant Activity	800µmol TE	2,000µmol TE	↑ 23%
Silica	7mg	18mg	↑ 51%





% Daily Value(DV) : This % DV from the FDA tells you the percentage of the recommended daily intake for each nutrient based on a 2,000 calories diet.
 † No Daily Reference Value has been established by the FDA. Drinkizz R&D recommends you use it based on a 2,000 calories diet.

O.N.E drink is cooked naturally with 100% organic plant-based ingredients. That's why, a little sediment might appear, the natural nutrients quantity and color could vary by harvesting season.
 Scan QR code to update information per lot.
 Usage guide: Keep refrigerated at 2-15°C.

✓ **BENEFITS**

O.N.E CONCEPT

ORGANIC INGREDIENTS


INGREDIENTS: CO2 Water, Organic Golden Cane Sugar, Organic Hibiscus Flower* (6.0%), Organic Lemongrass* (5.0%), Organic Black Tea* (4.6%), Organic Mint* (3.4%), Organic Lime* (2.4%), Organic Cinger* (2.4%), Organic Bamboo Shoot* (1.1%), Organic Black Pepper*, Organic Star Anise.
*25.7% of the total ingredients is certified according to the Fair For Life standard

NATURAL COOKING PROCESS


5 NOS

- ARTIFICIAL COLORS
- ARTIFICIAL FLAVORS
- ARTIFICIAL ADDITIVES
- ARTIFICIAL FOOD PRESERVATIVES
- GMO


ENERGY



BRAIN ENERGIZED
BY THEINE FROM BLACK TEA



ENERGY METABOLISM IMPROVED
BY ANTIOXIDANTS
FROM HIBISCUS FLOWER



COLLAGEN
COLLAGEN CREATION
BY SILICA
FROM BAMBOO SHOOTS

⁸ <https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label>

5. NUTRITION FACTS & RADAR MAP

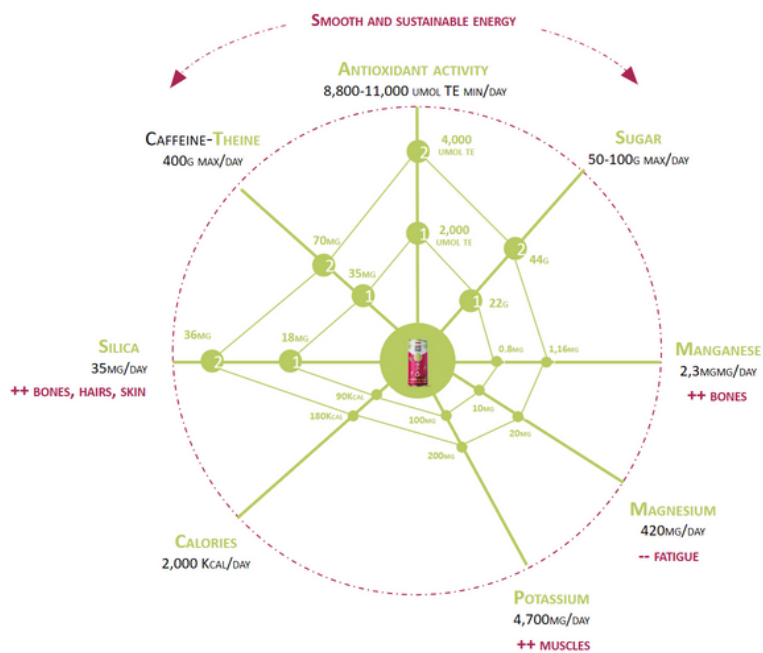
5.1 WHY DO YOU NEED A NUTRITION MAP FOR FOR HEALTH & ENERGY

First, have a look at our nutrition facts map below. It gives you the content of our O.N.E drink. Keep in mind this map when reading the rest of this handbook. You will then have a better understanding to bridge the theoretical messages with the practical benefits of our drink for you, your friends and family, and your coworkers.

When examining the realm of energy drinks, the market is dominated by products that offer a temporary rush through excessive caffeine and artificial enhancers

However, Drinkizz stands out as a unique blend that not only gives you a boost but also offers an array of health benefits, ensuring that you're not just energized but also nourished

Considering the nutritional benefits and the balanced content of Drinkizz, consuming **two cans** a day can be a healthful and energizing habit, complementing a varied and balanced diet



Balanced Energy through Natural Theine

Drinkizz contains 35mg of theine⁹, which is the natural form of caffeine found in tea. Unlike the caffeine highs from typical energy drinks that result in subsequent crashes, theine offers a more sustained and gentle energy release. This ensures you're alert without being jittery, and energized without a rapid decline



⁹https://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2017/63362a-eng.php?_ga=2.260668495.397117004.1532346577-31168303.1496256160

5. NUTRITION FACTS & RADAR MAP

Abundant Antioxidants



With an Antioxidant Activity¹⁰ of 2,000 umol TE, Drinkizz is a formidable source of these crucial compounds that combat free radicals in the body. Antioxidants support the body's natural defense mechanisms, reduce the risk of chronic diseases, and promote overall health.

Natural Source of Silica

COLLAGEN



The 18mg of Silica¹¹ from bamboo shoots is an essential mineral for collagen formation. Collagen is vital for the health of skin, hair, and nails. Silica also supports bone health, and its presence in Drinkizz ensures you're looking and feeling your best.

Essential Minerals



Drinkizz provides Potassium (100mg) which supports nerve functions and heart health; Magnesium (10mg) crucial for muscle function and psychological well-being; and Manganese (0.8mg) which plays a role in metabolism, bone formation, and reducing oxidative stress.

Organic Sweetness with a Purpose



The 22g of sugar¹² from organic golden cane sugar is a natural source of energy. While moderating sugar intake is essential, it's also vital to note that the source of the sugar, in this case, is organic and free from harmful chemicals and pesticides.

¹⁰ <https://nutritionfacts.org/blog/how-to-get-enough-antioxidants-each-day/>

¹¹ <https://www.anses.fr/fr/system/files/NUT2005sa0218.pdf>

¹² [https://www.anses.fr/en/content/sugar-food#:~:text=In%20view%20of%20these%20findings,giving%20preference%20to%20fruit%20juice\)](https://www.anses.fr/en/content/sugar-food#:~:text=In%20view%20of%20these%20findings,giving%20preference%20to%20fruit%20juice))

5. NUTRITION FACTS & RADAR MAP

Synergy of Organic Ingredients



Hibiscus Flower: Known for its high vitamin C content and aiding in blood pressure regulation

Lemongrass: Promotes healthy digestion and is a rich source of vitamins A and C

Black Tea: Enhances focus and alertness while providing a host of antioxidants

Mint & Lime: Adds zest while aiding digestion and boosting immunity

Ginger: Boosts the immune system, reduces nausea, and combats chronic diseases

Black Pepper & Star Anise: Aids in digestion and provides antibacterial properties

By sidestepping the pitfalls of artificial ingredients and excessive caffeine, Drinkizz presents an innovative approach to energy

It provides a natural and sustained uplift, paired with the health benefits of its carefully selected organic ingredients

Whether you're looking for a midday pick-me-up or a morning starter, Drinkizz is not just a drink; it's a healthful elixir



5. NUTRITION FACTS & RADAR MAP

5.2 HOW TO CHECK NUTRITION WITH THE THIRD PARTY?

To ensure accuracy and compliance with regulatory requirements of our Drinkizz O.N.E, we choose to work in a professional laboratory to determine nutrition facts. Here's an overview of the process:

Identify Testing Needs

To ensure our nutrition facts stay stable , we must determine the specific nutritional parameters of our ingredients, our semi products, our finished products as Drinkizz O.N.E and send them to the laboratory.

Select a Certified Laboratory

We choose to work with SGS by their expertise accredited by relevant regulatory bodies or standards organizations in Vietnam and also worldwide.

Sample Collection and Preparation

We collect representative samples of our ingredients, our semi products, our Drinkizz ONE at each batch according to the laboratory's guidelines. We stick to the proper labeling and documentation accompanying the sample sizes and send them to the laboratory.

Analysis and Testing

The laboratory SGS¹³ will conduct tests and analyses on the provided samples using validated methods and equipment.

¹³<https://www.sgs.com/en>

5. NUTRITION FACTS & RADAR MAP

Quality Control and Assurance

Laboratories follow strict quality control measures to ensure accurate and reliable results. This includes regular calibration of equipment, adherence to standard operating procedures (SOPs), and verification of testing methods. We must ensure that the standards are in compliance with the Vietnamese market and also the market of our organic labels (USD, EU..).

Data Interpretation and Reporting

Once the analysis is completed, the laboratory provides a report detailing the nutritional content of Drinkizz product. The report typically includes a breakdown of all nutrition and other relevant parameters, often presented in a standardized format based on regulatory requirements such as FDA, and Vietnamese law.

Regulatory Compliance

Ensure that the nutritional analysis report meets regulatory standards and requirements set by relevant authorities, such as the Food and Drug Administration (FDA) in the United States or similar regulatory bodies in other countries.

Labeling and Product Information

Once we obtain the result, we apply it to the product by putting information on our QR code.

Periodic Testing and Updates

We do each batch regularly retest and update nutritional information. This ensures ongoing accuracy and compliance with labeling regulations.

You can scan the QR code and know all the information tested before consuming our Drinkizz O.N.E.

5. NUTRITION FACTS & RADAR MAP

How can consumers trust transparency of the product?

Drinkizz acknowledges shrewd consumers' fears in a sophisticated and strenuous world. That is why Drinkizz has applied data digitization and Blockchain technology to make all data transparent in order to assist buyers in the proper way of consuming.

With each Qrcode on the can, The Organic Natural Energy drink becomes a smart product which can be easily scanned by a smartphone to retrieve all product-related data, like:

- Origin of organic ingredients
- Natural manufacturing process
- Product distribution channels
- Drink flavor, nutritional metrics for

the body

- Waste management and recycling of Drinkizz
- Most importantly, it connects customers with the Drinkizz community



Drinkizz will be responsible for any information related to the manufacturing process that it commits (this means Drinkizz will provide consumers with the information in a transparent and responsible manner). Consumers can trace them if any problems arise in order to protect their interests (since all information will be stored on the blockchain).

Drinkizz has applied blockchain technology from Vietnam Blockchain Corporate Company (VCB_Agridental.vn)¹⁴ to serve this consumer' privilege, employing the concepts of decentralization and consensus to control operations in the highest manner of transparency and security, while allowing consumers to make wise decisions based on the principle of information transparency.

¹⁴<https://vietnamblockchain.asia/>

6. THE O.N.E LIFESTYLE FOR HEALTH AND WELLNESS

We want to be the one that starts and inspires the movement towards better health and energy for your on the go lifestyle, just as much as for your wellness journey.

In order to guide you towards a lifestyle full of health and wellness, we would like to propose these simple but complementary solutions, based on our O.N.E concept:

- **Balance breathing with fresh air**
- **Thinking Positively with every intention**

All of us now live in a modern world, fast-paced, always changing, always developing. We want to be successful, we want to feel good, we care more about our body and mental health, our inner just as much as our outer beauty, so we always search for ways that would help us achieve that.

The energy transformation from natural to sustainable energy management must go to these 3 steps:

1. **Awaken your Natural Energy** : At this step, you will complete a self check-in to understand your own energy level and productivity.
2. **Boost your Natural Energy**: At this step, you again complete a self-checkin to control your productivity with a rate of success that you want.
3. **Regenerate your Natural Energy**: At this step, you will do a final check-in to evaluate what you have accomplished, and prepare for your next goals.

Only when the energy levels are in harmony with good health, and a freedom of the mind begins.



6. THE O.N.E LIFESTYLE FOR HEALTH AND WELLNESS

Research has shown there are 8 dimensions that should be considered, for a well rounded life that balances both health & wellness.¹⁵

8 DIMENSIONS OF WELLNESS



Source: Eight dimensions of wellness: If wellness was a house, wellesstool.com

Our message to you:

“Sit back for a little bit, evaluate these 8 dimensions to see where you are currently at, the areas you need to improve, and understand that having a good health, a healthy body, and a good source of sustainable energy will get you to where you want to be, to live your passion in your personal lives, and thrive at the workplace.”

¹⁵Stoewen, D. L. (2017, August). *Dimensions of Wellness: Change Your Habits, change your life. The Canadian veterinary journal = La revue veterinaire canadienne*

6. THE O.N.E LIFESTYLE FOR HEALTH AND WELLNESS

BECOME AN INFLUENTIAL CONSUMER WITH THE HELP OF THE O.N.E LIFESTYLE

Have you ever thought of how influential, and how powerful you are as a consumer?

All of us dream to have a better life, so we learn a lot of things during the day but not all of them are realistic. Because the most important, is how to get good habits into our routine.

Environmental Concerns & Peace of mind: Choosing organic products can be seen as a way to support sustainable and environmentally friendly agricultural practices. Organic farming often focuses on soil health, biodiversity, and reduced environmental impact. Choosing organic products can provide a sense of peace of mind for some individuals, as they believe they are making healthier and more environmentally responsible choices.

Awareness from early stages of life is important to shape future decisions.

VOTE WITH YOUR WALLETS

Consumers, your behavior helps organizations decide what products and services to manufacture or offer. When they know what customers buy and how they go about buying those products, organizations can more easily spot a need that has not yet been satisfied. This means that consumers are directly influencing the market.

When a product or a service is in high demand, companies will make it more available or available at lower prices. This is extremely important to understand for every individual, you hold the power in your hands.

Once you practice the O.N.E lifestyle everyday, you will have energy to do better things for a better world. Let's see how Drinkizz O.N.E will help you do that at home and at work in the next chapter.

7. DRINKIZZ FOR PERSONAL LIFESTYLE

WE PROVIDE ENERGY FOR YOUR SELF-CARE, AND CONNECT RELATIONSHIPS WITH YOUR LOVED ONES

On average, it takes a person consistently 90 days, or 3 months, for a new habit to become a permanent lifestyle change. That's why we introduced to the market the 3 months subscription package of Drinkizz Personal Energy Care (DPEC).

Forming and introducing a new habit can take 21 days, or 3 weeks for the body and mind to be familiar with it. But, for that new habit to stay and become a lifestyle, you will have to consistently practice it for at least 3 months.¹⁶

Currently, Vietnamese people's health is greatly affected by the overconsumption of unsafe food, chemicals in drinks, and environmental pollution, etc. At the same time, the busy pace of life and work makes people lose their energy easily, thereby losing stability in relationships and personal life.



Especially young adults from 25–35 years old – the main labor force of Vietnam, aren't yet able to follow the lifestyle like the rest of the world; Health & Wellness. The stressful behavior during their day show 4 serious problems:

1. Lack of concentration, brain fog anxiety
2. Energy Metabolism disorders, Overweight, Scrawny
3. Lack of Skin Elasticity, Slow Muscle Recovery
4. Lack of connection to yourself and your Loved Ones

It's important to prioritize self care so you can connect deeper with your loved ones.

¹⁶Van der Weiden, A., Benjamins, J., Gillebaart, M., Ybema, J. F., & de Ridder, D. (2020, March 9). *How to form good habits? A longitudinal field study on the role of self-control in habit formation*. *Frontiers*.

7. DRINKIZZ FOR PERSONAL LIFESTYLE

WHAT ARE THE KEY BENEFITS OF DRINKIZZ O.N.E. FOR YOUR PERSONAL LIFE?

Reduce 25% risk of cancer

Drink Drinkizz O.N.E per day instead of other chemical drink at home is a better choice to help you reduce your cancer risk every day.

Stay Hydrated

Before each workout and or sports sessions to help your body hydrated and function optimally. If you do more than 2 hours of vigorous activity, you can drink 2 cans to help progressive muscle relaxation with antioxidants activity.

Quality Sleep

Drink or mix a can before, during and after consuming alcohol. Alcohol does cause some inflammation to the body, and you need to balance with the antioxidant activity as a better way to recharge.

Healthy Nutrition

Add a can along with your meals to help with digestion, and metabolism of food, for example, Silica and meat can help with collagen creation.

Digital Detox

To reduce the mental clutter and improve your concentration when you're surrounded by your family or friends. The theine and sugar in O.N.E drink will give you a wonderful waves of energy for all the hangouts.

Connect with Loved Ones

Relax, unwind, and connect, and share the love with your family & friends while sipping on Drinkizz O.N.E. We hope our message of creating a healthier and energetic lifestyle can inspire everyone to discuss your own goals, values, and aspirations.

Supporting Healthy Habits

Having Drinkizz O.N.E at home encourages healthier choices and may contribute to overall well-being for all household members. They could grow their knowledge, and develop healthier habits at a younger age for their future life.

We are more than happy to tell you about the **Drinkizz Personal Energy Care (DPEC)** designed for your self care and connect with your loved ones at home.

8. DRINKIZZ FOR CORPORATE LIFESTYLE

WE PROVIDE THE ENERGY FOR PRODUCTIVITY AND ATTRACTIVITY AT WORK

WHY DO COMPANIES IN MODERN SOCIETIES FACE ISSUES IN PRODUCTIVITY AND ATTRACTIVENESS?

In today's dynamic businesses, many companies face challenges that affect the organization productivity as a whole.

Challenges such as lack of energy, stress, burnout, lack of engagement, poor health and wellness, work-life imbalance, and workplace distractions, coupled with digital disruptions, can significantly impede workforce productivity.

Simultaneously, these issues can undermine a company's attractiveness to potential and current employees, clients, and partners. A workforce grappling with constant stress, fatigue, or disengagement may struggle to maintain robust relationships with clients and partners who value service quality, creativity, and commitment.

The Willis Towers Watson Global Benefits Attitudes Survey reports that employees who perceive their organizations as having a strong "health and productivity" culture are more engaged and less likely to leave their jobs. Now, more than ever, businesses understand that a healthy and energized workforce directly links to improved productivity, strong client relationships, better stakeholder engagement, and superior market reputation.

A 2020 study by the Harvard Business Review¹⁷ concludes that wellness programs can generate significant improvements and transformations in employee's health, productivity, and financial outcomes. Thus, addressing employee wellness is not just beneficial, but essential in enhancing a company's productivity and attractiveness in today's business landscape.

¹⁷ Harvard Business Review – Ideas and Advice for Leaders (hbr.org)

8. DRINKIZZ FOR CORPORATE LIFESTYLE

WHAT ARE THE KEY BENEFITS OF DRINKIZZ O.N.E. FOR YOUR WORKFORCE?

Drinkizz O.N.E. stands for Organic Natural Energy, a term that encapsulates the essence of our products and our mission. Our drinks are specifically formulated to provide your employees with a clean, healthy boost of energy. Here are the key benefits:

Healthier Alternative: Unlike other energy drinks, Drinkizz O.N.E. is free from harmful chemicals and excessive sugar. Our organic, natural ingredients offer a healthier alternative that doesn't lead to sugar crashes or harmful side effects. It respects food safety and quality with international standards.

Sustained Energy: Drinkizz O.N.E. provides sustained energy, rather than the short, intense bursts followed by crashes like other drinks. This can help your employees maintain consistent productivity levels throughout the day, thanks to the high amount of antioxidants from organic hibiscus and trace minerals from organic bamboo.

Improved Focus and Concentration: With natural ingredients that support brain function, Drinkizz O.N.E. can help enhance mental clarity and focus, making it easier for your employees to tackle challenging tasks thanks to theine from organic black tea which lasts from 6 to 8 hrs.

Enhanced Physical Wellness: A boost of natural energy contributes to overall physical wellness, enhances stamina, reduces fatigue, and supports the body's vital functions. Employees often sit in front of the screen, they would need natural minerals to strengthen muscles and skin elasticity for the whole day.

Supports Employee Wellbeing: Having Drinkizz O.N.E. at work also represents that you care about their health and wellbeing. This helps to enhance job satisfaction, motivation, and loyalty. It will be extra convenient for them to have access to these drinks ready in the pantry.

8. DRINKIZZ FOR CORPORATE LIFESTYLE

Positive Environmental Impact: Drinkizz O.N.E. adds to the health of our planet and society. Organic products support sustainable farming practices, contributing to biodiversity and enriching the soil. Each can is made with a fair for life label, which means 1% of the price is contributed to the vulnerable farmer's life, and ensures that their ingredients are bought at higher prices than normal organic ingredients . All these positive actions will contribute to your company's corporate social responsibility initiatives.

Brand Image Enhancement: Adopting healthier and sustainable products like Drinkizz O.N.E. demonstrates your company's commitment to employee wellbeing and sustainability, thereby strengthening your company's brand image.

We are happy to tell you more about the Drinkizz Enterprise Energy Care (DEEC) for your productivity and attractivity at the workplace.

WE PROVIDE THE ENERGY FOR PRODUCTIVITY AND ATTRACTIVITY AT WORK



At NTT data VDS Co.,Ltd Wellness Pantry

**IT'S TIME FOR AN INNOVATIVE ENERGY TRANSFORMATION JOURNEY
IN THE WORKPLACE!**

9. DRINKIZZ COMMUNITY

ORGANIC

NATURAL



RELAXATION

O.N.E
COMMUNITY

ORGANIC NATURE ENERGY

• Kiss your energy to live
our passion in a
sustainable way!

♥ *Kiss your energy*

O.N.E STATION



FAIR
FOR
LIFE

SPORT



ENERGY

9. DRINKIZZ COMMUNITY

Drinkizz means Drink & Kiss.

We chose the name Drinkizz to represent the saying “Kiss your Energy”. For that, we want to create an energetic and healthier **lifestyle for the mind, body and soul**. Sounds easy, but it’s challenging to practice everyday. To perform well in your career and personal life, you need to refill your natural energy in a sustainable way. **The “izz” is a series of actions that we need to take in an ongoing journey.**

The physical boutiques concept store is an extension of our brand's ethos, we provides customers a tangible experience of our commitment to their energy and well-being. The proposed name, "**O.N.E. Station by Drinkizz**", effectively combines the name of our brand with our unique selling proposition, making it clear that this is the go-to place for organic, natural energy products.

If you are living an on the go lifestyle to pursue your passion and achieve success, but at the same time want to have sustainable energy to bring you strength and beauty, please join our Drinkizz community. It's a place to share, connect and practice a positive lifestyle every day!

Come visit us and explore our amazing O.N.E mocktails, and delicious food based on the O.N.E standard. We also hold events at O.N.E Station for our Drinkizz community to help you transform your energy and health every day.

How to engage? Visit us at the O.N.E Station:

📞 Phone: 09 68 31 34 37

📍 Address: 14 Nguyen Van Thu Street, Da Kao Ward, District 1, HCM City

🕒 Opening hours: 06:30 – 21:30 Monday to Saturday

💻 Check us out at: www.drinkizz.com



10. DRINKIZZ COMPANY STORY



Tyna HUYNH
C.E.O
Organic Value Chain &
Natural Energy Expert



Pierre BONNET
SMART-UP INVESTOR
Thought Leader in Digitalization



Linh NGUYEN
R&D TASTE EXPERT
Deputy Chief of
a renowned Michelin 2 stars

Drinkizz's story began with three co-founders, Tyna, Pierre and Linh; a trio of Vietnamese–French entrepreneurs who have on-the-go lifestyles, passionate about innovation. They are experts in Organic Value Chain & Natural Energy, Digitalization, and French Gastronomy.

In **2015**, with a passion for "**organic herbs**", Tyna returned to Vietnam after 10 years living in France and started building "**smart organic farms**" in the Central Highlands. She has cooperated with local farmers, especially the Bahnar ethnic minorities, to abandon the custom of "**slash and burn forests agriculture**" and instead, grow organic farming to increase sustainable income. In Kontum, she discovered the "**Mysterious Natural Energy**" based on the use of native biodiversity herbs and forest plants.

In **2018**, Tyna had the opportunity to work with **Pierre** on the "**Smart-Up**" solutions to empower entrepreneurs in the fast-moving digitalized world. Together, they created the **O.N.E concept (Organic Natural Energy)** for on-the-go people to maintain "**Sustainable Energy**", thereby having more time to "**increase creativity and stop procrastination**". Besides, through sustainable entrepreneurs and brands, consumers can join hands to solve social problems such as food safety, nutritional deficiencies, ethical violations in the value chain, data security and climate change.

Early 2019, Tyna started to research and develop (R&D) O.N.E recipes with both French and Vietnamese partners. She is responsible for the development of ingredients, process and energy of the recipe. To create an innovative taste, she invited **Linh - deputy chief of a renowned Michelin 2 stars** restaurant in Paris, to join the R&D team.

In **August 2019**, the very first recipe of O.N.E drink (Organic Natural Energy) was born. O.N.E drink is made by applying French "**Natural Cooking Process**", with "**10 Magic Organic Ingredients**" from the mountains and forest of Vietnam.

10. DRINKIZZ COMPANY STORY

OUR VISION

Our vision is **simple and strong**, to be a caring company for better « **Positive energy** » of our customers, our employees and actors in the organic digital value chain, in particular the farmers who work hard for organic agriculture. We act locally and think globally to help this world be more **fair and sustainable**.

“Kiss Your Energy is the simplest way to have a healthy body and mind, to live our passion in a sustainable way!”

OUR COMMITMENTS

Our team combines French Vietnamese cultural values, and does not only work with a scientific mindset to innovate but also with our artistic heart to feel. We work as a social enterprise – seek to maximize profits while maximizing benefits to society and the environment.

We commit:

- We work with local farmers directly to choose each quality organic ingredient and wild harvest with **care for the environment and forest biodiversity**.
- We collaborate with high-end and good practices factories to ensure safety and quality control with trusted labels such as EU, USDA, FDA, GMC etc. **for consumers' health**.
- We apply innovative technology for transparency data traceability from ingredients to waste management to help consumers receive **the truthful information and connect together**.
- We manage **CO2 emission of our production chain** by using composting ingredients and packaging adaptive to the local context.
- We contribute **1% revenue per each can to the “Fair For Life Fund”** to support small-scale producers, workers, and vulnerable farmers in rural areas to develop in a sustainable way. The fund is managed by all stakeholders who participate in the whole value chain and controlled by the certification body “Ecocert SA”.

Thus, when you choose to drink a can of O.N.E drink, you will have a direct impact on the entire organic value chain.

Born with the quintessential values of French and Vietnamese cultures, Drinkizz has innovatively created the **Organic Natural Energy**; it is not only **“Fair for People’s Health”** but also **“Fair for Society ”** and for our **“Mother Nature”**. It’s the best way to help this world be more fair and sustainable.



THANK YOU FOR READING OUR HANDBOOK

Ask more information to
Izz The Drinkizz Virtual Advisor



Founded in 2019, Drinkizz is a private company, headquartered in Singapore. We are an innovative company providing the market with the world's first **O.N.E drink (Organic Natural Energy)**.

Business License Paper No. 0316119315 by Business Registration Office of Department of Planning and Investment of Ho Chi Minh City, issued first time in 16/01/2020, changed third time 21/11/2021. DRINKIZZ PTE.LTD – HEADQUARTERS - 2 Shenton way#15-04 sgx centre 1, Singapour (068804). DRINKIZZ Subsidiary Vietnam - 14 Nguyen Van Thu street, Dakao ward, District 1, Ho Chi Minh City. The terms and conditions of the offer described here are not contractual and may be subject to change at the sole initiative of Drinkizz

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SCAN ME



WWW.DRINKIZZ.COM